

TOPS® and the Medical Community



TAKE OFF POUNDS SENSIBLY

TOPS Club, Inc. has been actively involved in the clinical study of obesity and metabolic research since 1965, and has contributed over \$6.5 million to the Medical College of Wisconsin in support of these efforts.

TOPS Obesity and Metabolic Research Center

- Established in 1994 and located at the Medical College of Wisconsin in Milwaukee, Wisconsin.
- Contributes to milestones of obesity research that result in significant progress including:
 - The paper entitled "Biology of Regional Body Fat Distribution: Relationship of to non-insulin dependent diabetes mellitus". Findings in this study led to the terms "apple shaped" vs. "pear shaped".
 - Discovery of a gene, SEPS1, that regulates inflammation, holding implications for a wide variety of disorders. Over 500 TOPS families participated as research volunteers in this study, making it one of the largest family studies conducted in the United States.
 - Identification of a gene that plays a significant role in determining blood levels of HDL-cholesterol, commonly referred to as "good" cholesterol.
- Findings have been published in over 200 of the most reputable scientific papers including *The Journal of American Medicine Association*, and *Nature Genetics*.

TOPS Partners in Research

TOPS partners with Dr. Rena Wing, Ph.D., and the Weight Control and Diabetes Research Center affiliated with Brown Medical School, where TOPS members are the subjects in a study of "Successful Weight Losers." TOPS members also participate in the National Weight Loss Registry, which is also sponsored by the Brown Medical School.

TOPS Medical Advisor:

Ahmed Kissebah, M.D., Ph.D.

- Program Director of the TOPS Obesity and Metabolic Research Center.
- Internationally recognized as a leader in the study of obesity and metabolic research.
- Contributing author for TOPS' lifestyle guide, *The Choice is Mine*, and articles for the TOPS' membership magazine, *TOPS News*.

TOPS Achievement Award: NAASO

- TOPS has established an award for scientists who have made major contributions to the field of obesity research in affiliation with NAASO (North American Association for the Study of Obesity). The most recent recipients of this award include:
 - James O. Hill, Ph.D. - 2007
 - Eric Ravussin, Ph.D. - 2006
 - Robert H. Echel, M.D. - 2005
 - Richard N. Bergman, Ph.D. - 2004

TOPS Events

TOPS meet with healthcare professionals at a variety of national conferences throughout the year (such as NAASO, American Dietetic Association/ Food & Nutrition Conference, and the American Association of Diabetes Educators). Exhibits are staffed with trained spokespersons who are living success stories and well informed about TOPS.



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For more information call
1-800-932-8677
Or visit the TOPS website at
www.tops.org